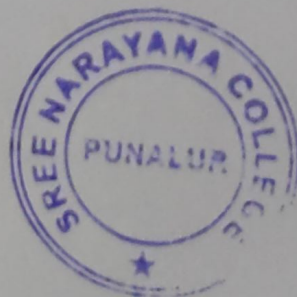
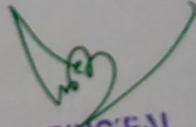


**Student-Centred Knowledge  
Enrichment Programmes.**

Effective and participative teaching-learning is intended to make education a two-way process. It helps enriching the students' knowledge and enhancing the research aptitude. Seminars, workshops and group discussions are part of such programmes. The IQAC of the college emphasized on learner-centered teaching manner by arranging seminars, workshops and invited talks using experts in each area. This type of teaching-learning programs helped in enriching the students' knowledge in various subjects. Students of all disciplines used the opportunities to interact and collaborate with subject experts from other colleges. 'Zest' is the seminar series organized in 2016-17 to commemorate the golden jubilee celebrations of the college. It was inaugurated by Dr G Jayaprakash, Director, College Development Council, University of Kerala. Urja Kiran, one our other prestigious programs conducted by the college was inaugurated by Shri. K Raju, Minister of Forests and Wildlife Protection in 08 February 2017. On February 22, 2017, our college organised a one-day National Seminar on "Intellectual Property Rights" sponsored by PIC (Patent Information Centre) and Kerala State Council for Science, Technology and Environment. The focal theme of the seminar was Patents for inventions, Trademarks, Industrial designs, Geographical indications, Copyrights etc. Post Graduate Department of Mathematics organized a national seminar on 'Python Programming in Mathematics' on August 8 to 9, 2018. All departments arranged webinars with the help of experts during the year 2020-21 when the college remain closed due to the Covid-19 lockdown. PG Department of Physics organized workshop on Python Programming in association with SN College, Kollam, which was highly useful to students for advanced learning. 'Cognizance 2020' was the first edition of the annual multidisciplinary webinar series. It was organized by IQAC in association with various departments of Sree Narayana College, Punalur. All departments conducted webinars during the months of December 2020 and January 2021. Every student has been given the opportunity to complete their projects with live industrial/institutional experience under the supervision of teachers. Many studious students presented their research papers in the seminars organized by the college.




  
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SREE NARAYANA COLLEGE  
PUNALUR



Ozone day seminar on 28/09/2016



  
PRINCIPAL  
SREE NARAYANA COLLEGE  
PUNALUR

26 December 2016, Tuesday  
Department of Physical Education, Kerala College Auditorium

27 December 2016, Wednesday  
Venue: College Auditorium

Technical Session  
"Modern Life Style and Hygienic Dieting"  
Dr. K.K. Venu  
Dean, Department of Physical Education  
University of Kerala, Thiruvananthapuram

VALEDICTORY SESSION  
Chief Guest  
Dr. B. Jayaprakash  
Registrar - Charge and Director  
College Development Council  
University of Kerala

**SREE NARAYANA COLLEGE**  
PUNALUR, KOLLAM  
Kerala - 691305  
Phone: 0475 2222635, 3258899  
Fax: 0475-2222635  
E-mail: sncpunalur@gmail.com  
Website: www.sncollgepunalur.edu.in

Sree Narayana College, Punalur was established by the S.N. Trusts, Kollam in observance to the great saint, philosopher and social reformer Sree Narayana Guru. The college was officially inaugurated by the former Chief Minister Dr. R. Sankar on 15 July 1965 whose pioneering efforts resulted in establishing a group of institutions named after Sree Narayana Guru. Headed in a serene and calm campus of 29 acres, the college effectively serves the educational and intellectual needs of society ennobled in the eastern part of Kollam district. The college offers Degree courses in Physics, Chemistry, Zoology, Mathematics, Commerce, History, Economics and Communicative English and PG courses in Mathematics, Chemistry and Physics. The college is accredited by NAAC with grade 'B'. Also the college is supported by Fund for Improvement of Science and Technology (FIST) Programme of Department of Science and Technology (DST). Having a glorious tradition of its own, the college looks forward for greater accomplishments in the forthcoming years.



SRI R. SANKAR  
Former Manager



**SREE NARAYANA COLLEGE**  
PUNALUR, KOLLAM



SRI VELLAPPALLY NATESAN  
CJ Manager

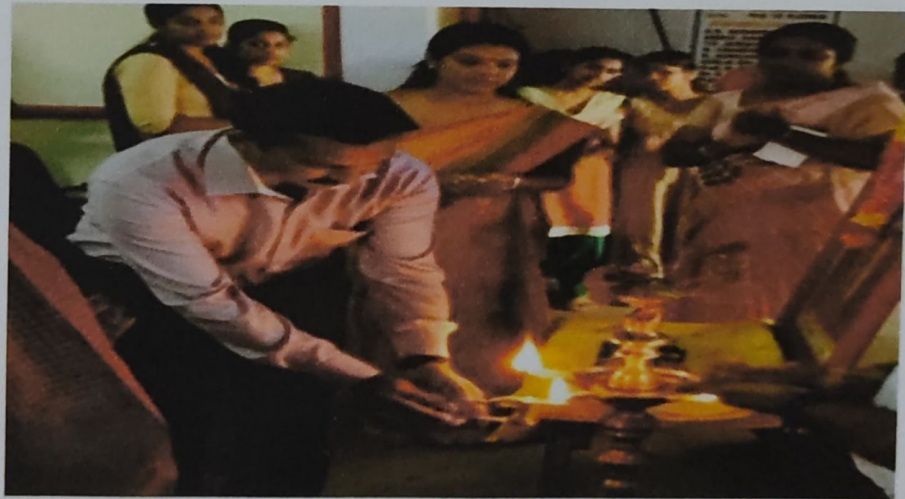
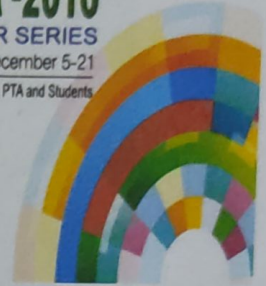


**ZEST 2016**  
SEMINAR SERIES  
2016 December 5-21

**ZEST-2016**  
SEMINAR SERIES

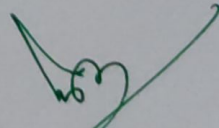
2016 December 5-21

Organised by Staff, PTA and Students



Seminar on Commerce: Zest 2016



  
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SREE NARAYANA COLLEGE  
PUNALUR



# WORLD WETLAND DAY CELEBRATIONS

## 10 FEBRUARY 2017

WORLD WETLAND DAY  
WETLANDS FOR DISASTER RISK REDUCTION

Organized by  
Department of Botany & Zoology  
SREE NARAYANA COLLEGE PUNALUR, KOLLAM

Focal Theme  
Wetlands for Disaster Risk Reduction

Sponsored by  
Kerala State Council for Science, Technology & Environment (KSCSTE)



WORLD WETLAND DAY  
WETLANDS FOR DISASTER RISK REDUCTION

Dear Sir/Madam,

Sree Narayana College, Punalur is organizing World Wetland Day Celebrations on 9<sup>th</sup> & 10<sup>th</sup> February 2017 in association with Kerala State Council for Science, Technology & Environment (KSCSTE). World Wetlands Day is celebrated every year on 2<sup>nd</sup> February to raise global awareness about the value of wetlands for humanity and the planet. It also marks the date of adoption of the Ramsar Convention on Wetlands in 1971, in the Iranian city of Ramsar. World Wetlands Day was celebrated for the first time in 1997. "Wetlands for Disaster Risk Reduction" is the theme for World Wetlands Day in 2017. Wetlands play an important role in reducing the impact of extreme weather events such as floods, droughts and cyclones. Wetlands act as a natural sponge, absorbing and storing excess rainfall and reducing flooding. During the dry season, they release the water stored, delaying the onset of droughts and reducing water shortages.

We are organizing different activities like Essay writing competition and Field oriented activities cum a popular lecture on Wetlands for Disaster Risk Reduction. We cordially solicit your esteemed participation to make this event a grand success.

Dr. Biju C  
(Co-ordinator)

Dr. Jasmine Anand  
(HOD, Dept. of Zoology)

Dr. G. Jayasenan  
(Principal)

09.02.2017, 4.00 pm - 4.00 pm

**ESSAY WRITING COMPETITION**  
College Auditorium

10.02.2017, 11.00 am - 01.00 pm

**FIELD ORIENTED ACTIVITY CUM POPULAR LECTURE**  
ASRAMAM MANGROVE FOREST, KOLLAM

Welcome

Dr. Biju C, Co-ordinator

Resource Person

Dr. Mary Teresa R Miranda  
HOD, Dept. of Zoology,  
Fathima Matha National College, Kollam

Valedictory Address  
and Prize Distribution  
Vote of Thanks

Dr. G. Jayasenan, Principal  
Dr. Jasmine Anand, HOD, Dept. of Zoology

National Anthem



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SREE NARAYANA COLLEGE  
PUNALUR

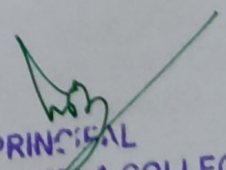


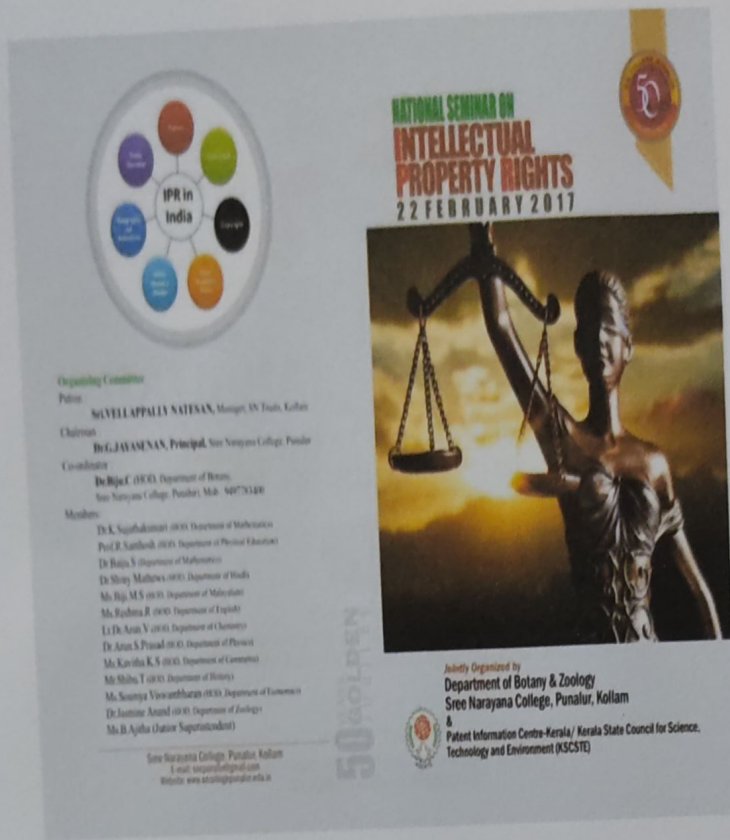
KSCSTE supported-World wetland day inauguration-Dr Mary Treasa, HOD, Fathima National College, Kollam  
On 10.02.2017.



Seminar on Wetland day sponsored by KSCSTE in 2017



  
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SREE NARAYANA COLLEGE  
PUNALUR



Seminar on IPR



Seminar on IPR 22.02.2017



*[Handwritten Signature]*  
 PRINCIPAL  
 SREE NARAYANA COLLEGE  
 PUNALUR



# NATIONAL SCIENCE DAY

CELEBRATIONS-2018  
28 FEBRUARY, 2018



Organized by  
Department of Botany & Zoology  
SREE NARAYANA COLLEGE PUNALUR, KOLLAM

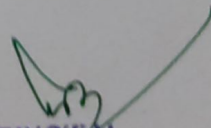
Focal Theme  
Science and Technology for  
Sustainable Future

Sponsored by  
Kerala State Council for Science,  
Technology & Environment (KSCSTE)



&  
Department of Science and Technology, Govt. of India



  
PRINCIPAL  
SREE NARAYANA COLLEGE  
PUNALUR



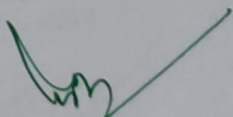


Resource Person Dr. Biju C, Asst Professor, SN College Varkala -Seminar on Conservation of Energy (for parents) on 12.11.2019.



Urja Kiran –Seminar Inauguration by Shri K Raju, Forest Minister of Kerala on Feb.08.2017



  
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SREE NARAYANA COLLEGE  
PUNALUR

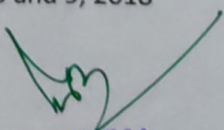


Seminar on Urja Kiran-19.03.2018- Dept. of Zoology



National seminar on Python Programming in Mathematics on August 8 and 9, 2018



  
 PRINCIPAL  
 SREE NARAYANA COLLEGE  
 PUNALUR



One day workshop on GST 02/09/2019

**Science Day Celebration 2020**  
**'Women in Science'**  
February 26 to 28, 2020

**Chief Guest: Dr. R. Sindhu**  
Scientist, CSIR National Institute for Interdisciplinary Science and Technology, Trivandrum

**Inaugural Address: Dr. R. Sindhu**

**Felicitations:**  
**Dr. T.P. Vijumon**  
Assistant Professor / HOD, Department of Commerce  
**Ms. Jasmin Rose J.**  
Assistant Professor, PG Department of Mathematics (Convener Science Club)  
**Lt. Dr. V. Arun**  
Assistant Professor / HOD, PG Department of Chemistry.  
**Dr. Ratheesh R.**  
Assistant Professor / HOD, PG Department of Physics.  
**Prize distribution to winners of Quiz Competition and Painting competition**

**Vote of Thanks: Resmi A. (Programme coordinator)**  
**Lunch Break**

**1.30 pm to 3.30 pm Technical Session**  
**\*Food waste based biorefineries for biopolymer: Technological advancements, challenges and initiatives of CSIR IIIST\***

**Organising Committee:**  
**Sri Vellapally Natesan** (Patron, Manger, S.N. Colleges)  
**Dr. T. Pradeep** (Principal)  
**Resmi A.** (Programme coordinator, Assistant Professor / HOD, Department of Botany)  
**Dr. Divya R.** (Assistant Professor / HOD, Department of Zoology)  
**Dr. Nansimole A.** (Assistant Professor on contract, Department of Zoology)  
**Dr. Dafina Willred** (Assistant Professor on Contract, Department of Zoology)

For Registration & More Details  
Contact : 9446605843 , 9249771706

**SREE NARAYANA COLLEGE PUNALUR**  
Affiliated to University of Kerala  
Department of Zoology & Department of Botany






**Science Day Celebration 2020**  
Focal Theme  
**'Women in Science'**  
February 26 to 28, 2020

Sponsored by:  
**Kerala State Council for Science Technology and Environment**

Supported by Nature Club



*wh*  
PRINCIPAL  
SREE NARAYANA COLLEGE  
PUNALUR



ശാസ്ത്ര ദിനാഘോഷത്തിന്റെ ഭാഗമായി പുനലൂർ ശ്രീനാരായണ കോളേജിൽ സംഘടിപ്പിച്ച ഏകദിന സെമിനാർ ശാസ്ത്രജ്ഞ ഡോ. ആർ.സിന്ധു ഉദ്ഘാടനം ചെയ്യുന്നു. പ്രിൻസിപ്പൽ ഡോ.കി.പ്രദീപ് വിവിധ വകുപ്പുകളിലെ മേധാവികളായ ഡോ.ആർ.ദിവ്യ, ഡോ.വി.അരുൺ, ഡോ.ആർ.രതീഷ് തുടങ്ങിയവർ സമീപം

### പുനലൂർ എസ്.എൻ കോളേജിൽ ഏകദിന ശാസ്ത്ര സെമിനാർ

പുനലൂർ: പുനലൂർ ശ്രീനാരായണ കോളേജിലെ പരിസ്ഥിതി ക്ലബ്ബ്, സുവോളജി, ബോട്ടണി വിഭാഗങ്ങളുടെ നേതൃത്വത്തിൽ ശാസ്ത്ര ദിനാഘോഷവും ഏകദിന സെമിനാറും നടത്തി. കേരള ശാസ്ത്ര സാങ്കേതികപരിസ്ഥിതികൗൺസിലിന്റെ സാമ്പത്തിക സഹായത്തോടെയാണ് സെമിനാർ സംഘടിപ്പിച്ചത്. തിരുവനന്തപുരം നാഷണൽ ഇൻസ്റ്റിറ്റ്യൂട്ട് ഫോർ ഇന്റഗ്രേറ്റഡ് സയൻസ്

ൻസ് ആൻഡ് ടെക്നോളജിയിലെ ശാസ്ത്രജ്ഞ ഡോ.ആർ.സിന്ധു ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ.കി.പ്രദീപ് അദ്ധ്യക്ഷത വഹിച്ചു. സുവോളജി വിഭാഗം മേധാവി ഡോ.ദിവ്യ, കോമേഴ്സ് വിഭാഗം മേധാവി ഡോ.കി.പി. വിജയമോൻ, ഗണിതശാസ്ത്ര വിഭാഗം അദ്ധ്യാപികയും സയൻസ് ക്ലബ്ബ് കൺവീനറുമായ ജാനിൻ റോസ്, കെമിസ്ട്രി വിഭാഗം മേധാവി ഡോ.ലഹർ

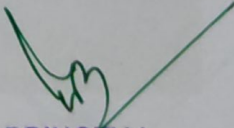
വി. അരുൺ, ഫിസിക്സ് വിഭാഗം മേധാവി ഡോ.ആർ.രതീഷ് തുടങ്ങിയവർ സംസാരിച്ചു. ശാസ്ത്ര ദിനാഘോഷത്തിന്റെ ഭാഗമായി കോളേജിൽ നടത്തിയ ചിത്രരചനാ മത്സരത്തിലെയും ഇന്റർ കോളേജിയേറ്റ് ക്വിസ് മത്സരങ്ങളിലെയും വിജയികൾക്കുള്ള സമ്മാന ദാനവും തുടർന്ന് ബോധവൽകരണ ക്ലാസുകളും നടന്നു. പ്രോഗ്രാം കോർഡിനേറ്റർ എ.രശ്മി സ്വാഗതം പറഞ്ഞു.

Science day celebration inaugurated by Scientist Dr.R.Sindhu



Painting Competition on Science Day 2020 (Women in Science)



  
 PRINCIPAL  
 SREE NARAYANA COLLEGE  
 PUNALUR



Campaign against the use of Alcohol and drugs 2016

**SPEAKER**



**Dr. K.B. Rameshkumar**  
Senior Scientist, Phytochemistry and  
Phytopharmacology Division  
KSCSTE-Jawaharlal Nehru Tropical  
Botanic garden and Research  
Institute, Palode, TVPM

**ORGANIZING  
COMMITTEE**  
Dr. T. Pradeep (Principal)  
Mr. Santhosh R (IQAC Coordinator)  
Ms. Resmi A (Webinar Coordinator)  
Dr. Divya R

**PLATFORM**  
Google Meet

**Organized by**  
IQAC &  
the Department  
of Botany  
Sree Narayana College  
Punalur

**Date:** 1 Dec 2020  
**Time:** 7 pm to 8 pm

**Registration Link:**  
<https://forms.gle/6qrL8iWwLd6snW0w>

**For more details contact:**  
Ms. Resmi A  
Mob: 9446605843



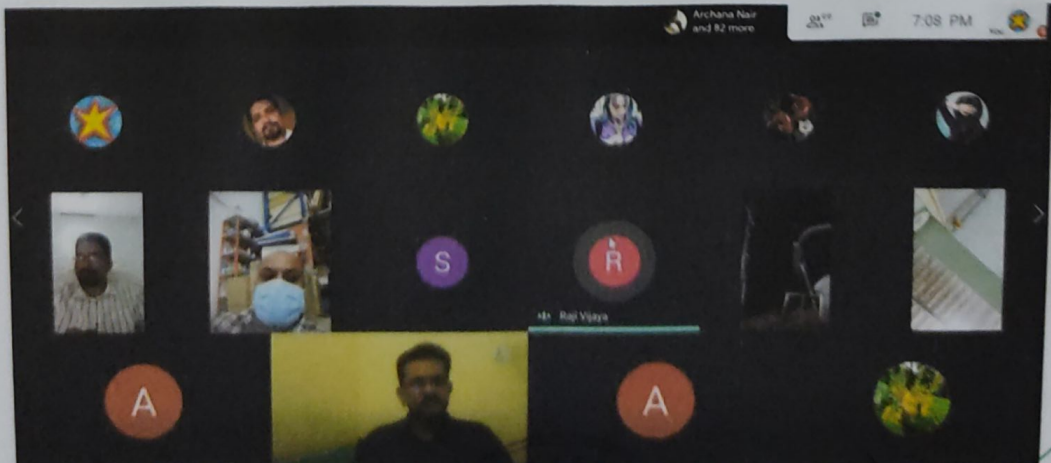
**SREE NARAYANA  
COLLEGE PUNALUR**

**COGNIZANCE  
2020**

A MULTIDISCIPLINARY WEBINAR  
SERIES

**Topic: Floristic Diversity of  
the Western Ghats:  
Phytochemical Perspective**  
**Speaker:**  
Dr. K.B. Rameshkumar

Webinar on Floristic Diversity on Western Ghats by Dr. K.B. Rameshkumar



PRINCIPAL  
SREE NARAYANA COLLEGE  
PUNALUR

**SPEAKER**



**Dr. S N Potty, Scientist**  
Centre for Materials for Electronics  
Technology (C-MET)  
(Ministry of Electronics & Information  
Technology, Government of India)

**ORGANIZING  
COMMITTEE**

Dr. T. Pradeep (Principal)  
Mr. Santhosh R (IQAC Coordinator)  
Dr. Prasanth S (MOD & Webinar Coordinator)  
Dr. Ratheesh R  
Ms. Lekshmi RS  
Dr. Anooje J Babu

**PLATFORM**  
Google Meet



**Organized by**  
IQAC &  
the Department  
of Physics  
Sree Narayana College  
Punalur

**Date: 05/01/2021**  
**Time: 5 - 6 pm**

**Registration Link**  
<https://forms.gle/QVVA-NTuPlm7pAoW17>

**For more details contact:**  
**Dr. Prasanth S.**  
**9746755186**



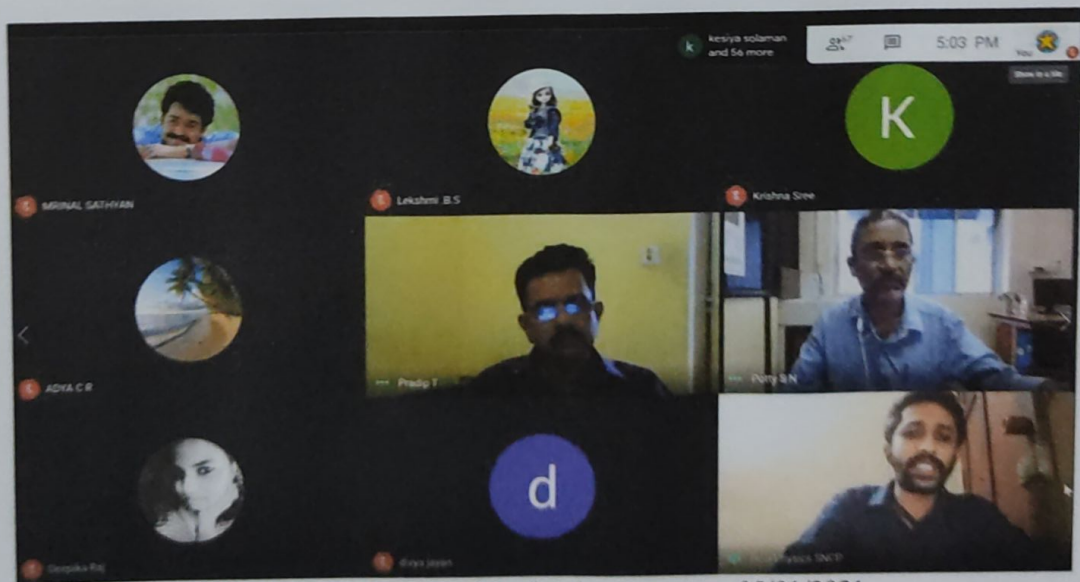
**SREE NARAYANA  
COLLEGE PUNALUR**

**COGNIZANCE  
2020**

A MULTIDISCIPLINARY WEBINAR  
SERIES

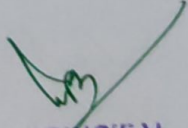
**Topic: "Introduction to  
Electronic Materials"**

**Speaker: Dr. S N Potty**



Webinar conducted by Physics department on 05/01/2021



  
**PRINCIPAL**  
**SREE NARAYANA COLLEGE**  
**PUNALUR**

**Speaker**



**Dr. Manil T. Mohan**  
Assistant Professor  
Department of Mathematics  
IIT Roorkee.

**ORGANIZING COMMITTEE**

Dr. T Pradeep (Principal)  
Dr. Baiju S (HoD)  
Mr. Santhosh R (IQAC Coordinator)  
Smt. Mariamma Varghese  
Dr. Divya Sadasivan  
Smt. Jasmin Rose J  
Dr. Bijo S. Anand (Coordinator)  
Mr Athul T.B.

**PLATFORM**



Google Meet



**SREE NARAYANA  
COLLEGE PUNALUR**

**COGNIZANCE  
2020**

A MULTIDISCIPLINARY WEBINAR  
SERIES

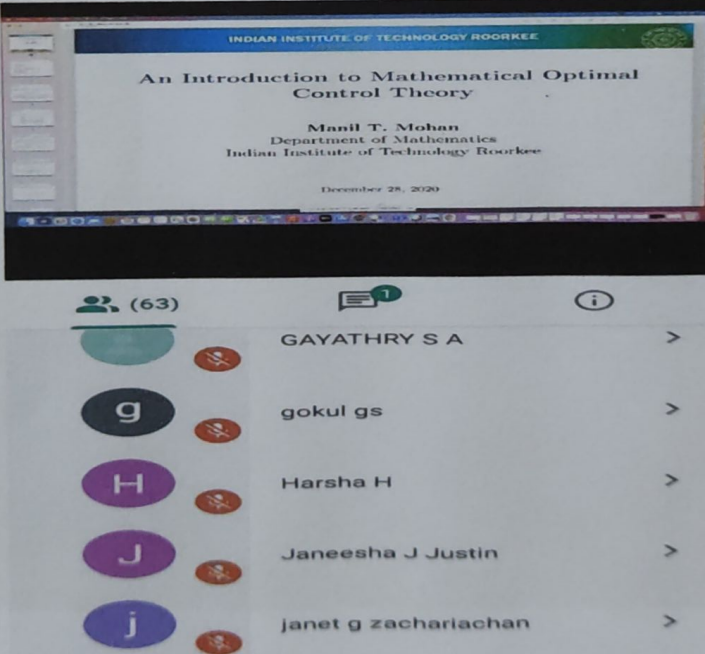
**Topic : An Introduction to  
Mathematical Optimal  
Control Theory**

**Speaker : Dr. Manil T. Mohan**  
Date: 28-12-2020  
Time: 4.00 PM to 5.00 PM

**ORGANIZED BY**

Department of  
Mathematics & IQAC  
Sree Narayana College,  
Punalur

Registration Link:  
[https://www.google.com/join/2889](#)



The screenshot shows a Google Meet interface. At the top, a presentation slide is displayed with the following text:

INDIAN INSTITUTE OF TECHNOLOGY ROORKEE

**An Introduction to Mathematical Optimal  
Control Theory**

Manil T. Mohan  
Department of Mathematics  
Indian Institute of Technology Roorkee

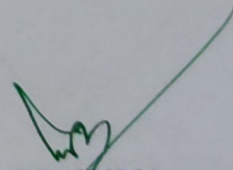
December 28, 2020

Below the slide, a list of participants is visible:

- (63) participants
- GAYATHRY S A
- gokul gs
- Harsha H
- Janeesha J Justin
- janet g zachariachan

Webinar on Mathematical Optimal Control Theory by Dr. Manil T. Mohan



  
**PRINCIPAL**  
**SREE NARAYANA COLLEGE**  
**PUNALUR**

**SPEAKER**



**Dr. Boopathi P**  
Assistant Professor  
Department of English Studies  
School of Social Sciences and Humanities,  
Central University of Tamil Nadu

**ORGANIZING COMMITTEE**

Dr. T. Pradeep (Principal)  
Mr. Santhosh R (IQAC Coordinator)  
Ms. Reshma R (Webinar Coordinator)  
Ms. Deepthy P.S (Webinar Coordinator)  
Ms. Resmi Ravindran  
Ms. Nayana Joylal  
Ms. Arsha S S  
Ms. Narma S Pratheep  
Ms. Aswathy Anilkumar

**PLATFORM**  
Google Meet

Organized by  
IQAC &  
the Department  
of English  
Sree Narayana College  
Punalur

Date: 24 Dec 2020  
Time: 10 am to 11 am

Registration Link:  
<https://forms.gle/mo1Y55ykm4Zdty5b7>

For more details contact:  
Ms. Reshma R  
Mob: 9745824459  
Ms. Deepthy P.S  
Mob: 8301886546



**SREE NARAYANA  
COLLEGE PUNALUR**

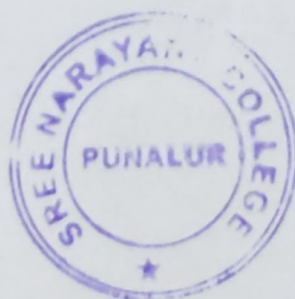
**COGNIZANCE  
2020**


A MULTIDISCIPLINARY WEBINAR  
SERIES

**Topic: Cultural  
Disability Studies**  
Speaker:  
**Dr. Boopathi P**



Webinar on Cultural disability studies by Dr. Boopathi P



  
**PRINCIPAL**  
**SREE NARAYANA COLLEGE**  
**PUNALUR**



## SPEAKER



### Dr. Abhilash R

Assistant Professor  
PG Department of Zoology,  
Christian college  
Chengannur  
Alappuzha District

## ORGANIZING COMMITTEE

Dr. T. Pradeep (Principal)  
Mr. Santhosh R (IQAC Coordinator)  
Dr. Divya R (Webinar Coordinator)  
Ms. Resmi A



Organized by  
IQAC &  
The Department  
of Zoology  
Sree Narayana College  
Punalur

Date: 31 Dec 2020

Time: 4:30 pm

Google Meet Link:

<https://meet.google.com/rnf-vcdp-zay>



\*Participants limited to 100  
For more details contact:  
Dr. Divya R  
Mob: 7012091593/  
9249771706



**SREE NARAYANA  
COLLEGE PUNALUR**

## COGNIZANCE 2020

A MULTIDISCIPLINARY WEBINAR  
SERIES

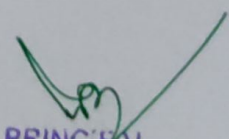
**Topic: Nurturing Student's  
Biophilia through Nature  
Connectedness.**

**Speaker: Dr. Abhilash R**



Webinar Conducted by Dept. of Zoology



  
PRINCIPAL  
SREE NARAYANA COLLEGE  
PUNALUR

**SPEAKER**



**Dr. Priyesh C.A**  
Assistant Professor  
Department of Economics  
University College, Trivandrum

**Organized by**  
IQAC &  
The Department  
of Economics  
Sree Narayana College  
Punalur

**Date:** 31 Dec 2020  
**Time:** 11:00 am

**Registration Link:**  
<https://forms.gle/sZJxzqk41CV8DKbk8>

**ORGANIZING COMMITTEE**  
Dr. T. Pradeep (Principal)  
Mr. Santhosh R (IQAC Coordinator)  
Ms. Soumya Viswambharan (Webinar Coordinator)

**PLATFORM**  
Google Meet

\*Participants limited to 100

**For more details contact:**  
Ms. Soumya Viswambharan  
Mob: 8848831427

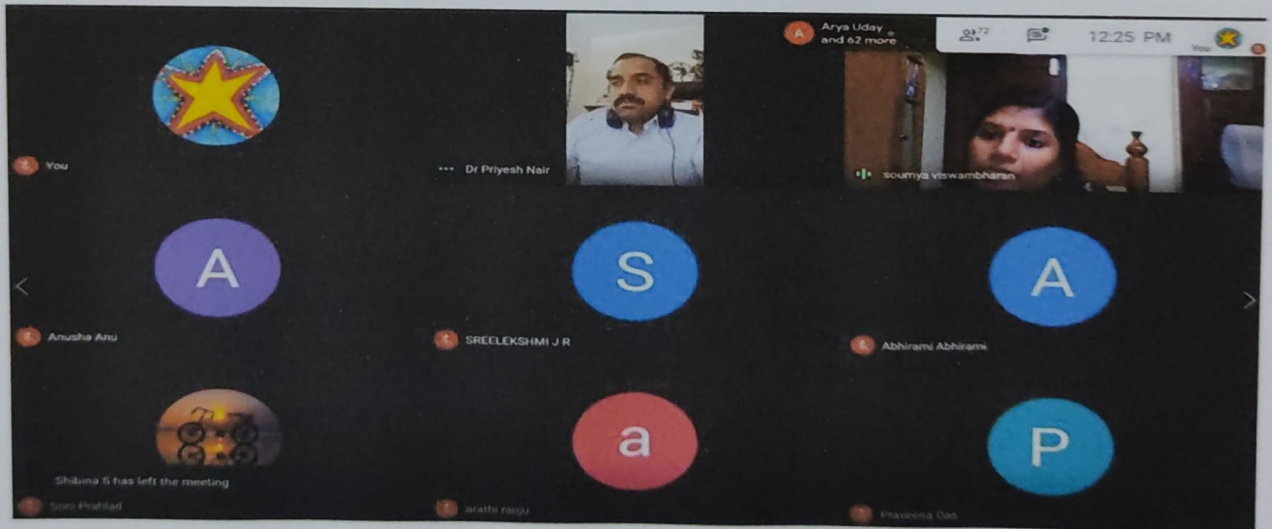
**COGNIZANCE 2020**  
A MULTIDISCIPLINARY WEBINAR SERIES

**Topic: Indian Agriculture after Independence**

**Speaker: Dr. Priyesh C.A**



**SREE NARAYANA COLLEGE PUNALUR**



The screenshot shows a Zoom meeting interface. At the top, there are icons for chat, video, and a timer showing 12:25 PM. A speaker window at the top right shows a woman, identified as 'soumya viswambharan'. Below this is a grid of nine participant icons, each with a letter or symbol: a star, 'A', 'S', 'A', 'a', and 'P'. The bottom row of icons includes a notification: 'Shibana S has left the meeting'.

Webinar Conducted by Dept. of Economics



*(Handwritten signature)*  
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SREE NARAYANA COLLEGE  
PUNALUR

## SPEAKER



**Dr. Antony Joseph.**  
Associate Professor in Commerce  
St. Berchmans College  
Changanassery

## ORGANIZING COMMITTEE

Dr. T. Pradeep (Principal)  
Mr. Santhosh R (IQAC Coordinator)  
Dr. Vijumon T.P (Webinar Coordinator)  
Ms. Kavitha K.S.  
Ms. Ganga M.R  
Ms. Simi

## PLATFORM

Google Meet



Organized by  
IQAC &  
the Department  
of Commerce  
Sree Narayana College  
Punalur

**Date:** 17 Dec 2020  
**Time:** 11:30 am

**Registration Link:**  
<https://forms.gle/KGy4Ew3mjYNTU1tq6>

\*Participants limited to 100

For more details contact:  
Dr. Vijumon T.P  
Mob: 9447593153



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COLLEGE PUNALUR**

## COGNIZANCE 2020

A MULTIDISCIPLINARY WEBINAR  
SERIES

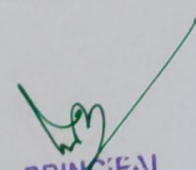
**Topic: Fundamentals of  
Research in Commerce**

**Speaker:  
Dr. Antony Joseph**



Webinar on Research Methodology in Social Sciences 20/03/2020- Department of Commerce



  
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SREE NARAYANA COLLEGE  
PUNALUR

## SPEAKER



### Dr. P. Sakthivel

Professor and Deputy Controller of Examination  
Department of Political Science and Public Administration,  
Annamalai University

## ORGANIZING COMMITTEE

Dr. T. Pradeep (Principal)  
Mr. Santhosh R (IQAC Coordinator)  
Dr. Deepthi P.R (Webinar Coordinator)  
Dr. Niju P (Webinar Coordinator)

## PLATFORM

Google Meet



Organized by  
IQAC &  
The Department  
of History  
Sree Narayana College  
Punalur

Date: 30 Dec 2020  
Time: 11:00 am

Registration Link:  
<https://forms.gle/1gjkak7u6NoLHtbf9>



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## COGNIZANCE 2020

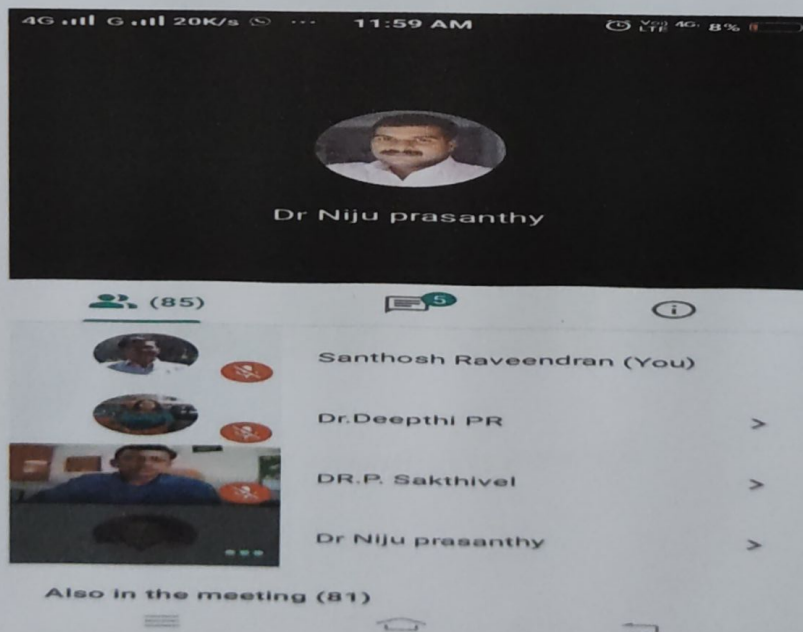
A MULTIDISCIPLINARY WEBINAR SERIES

Topic: Historic Milestones  
in the Constitution's  
Journey

Speaker:  
Dr. P.Sakthivel

\*Participants limited to 100

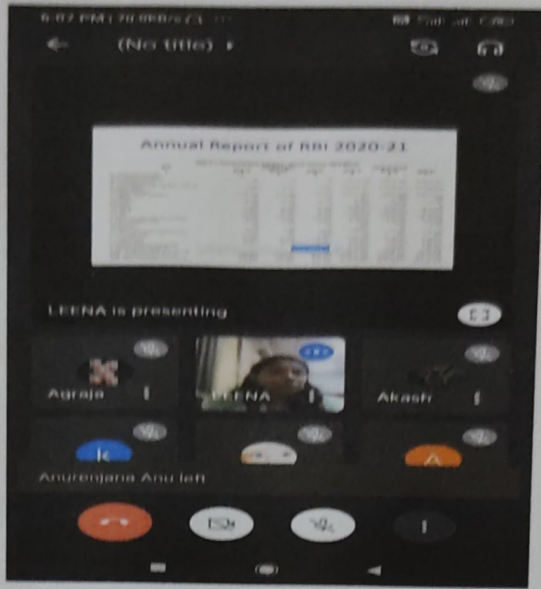
For more details contact:  
Dr. Deepthi P.R  
Mob: 9947109155



Webinar of Department of History.



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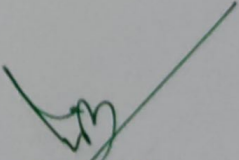


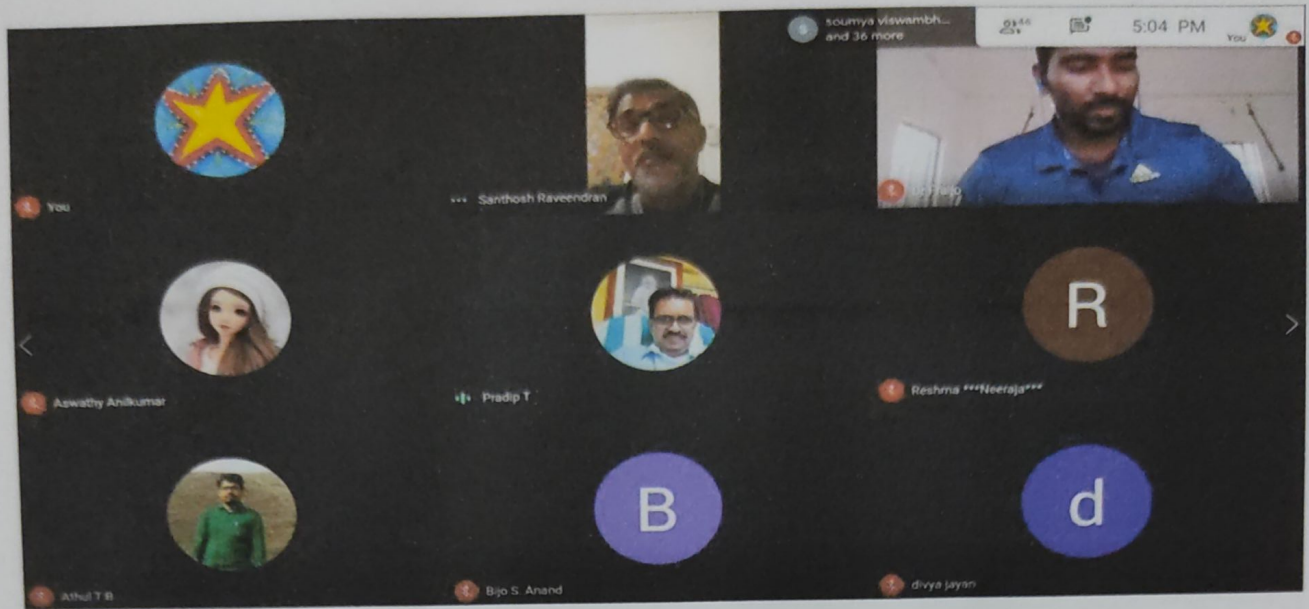
Webinar on Functions modern function of central bank



Webinar on creative entrepreneurship



  
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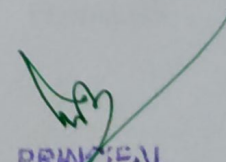


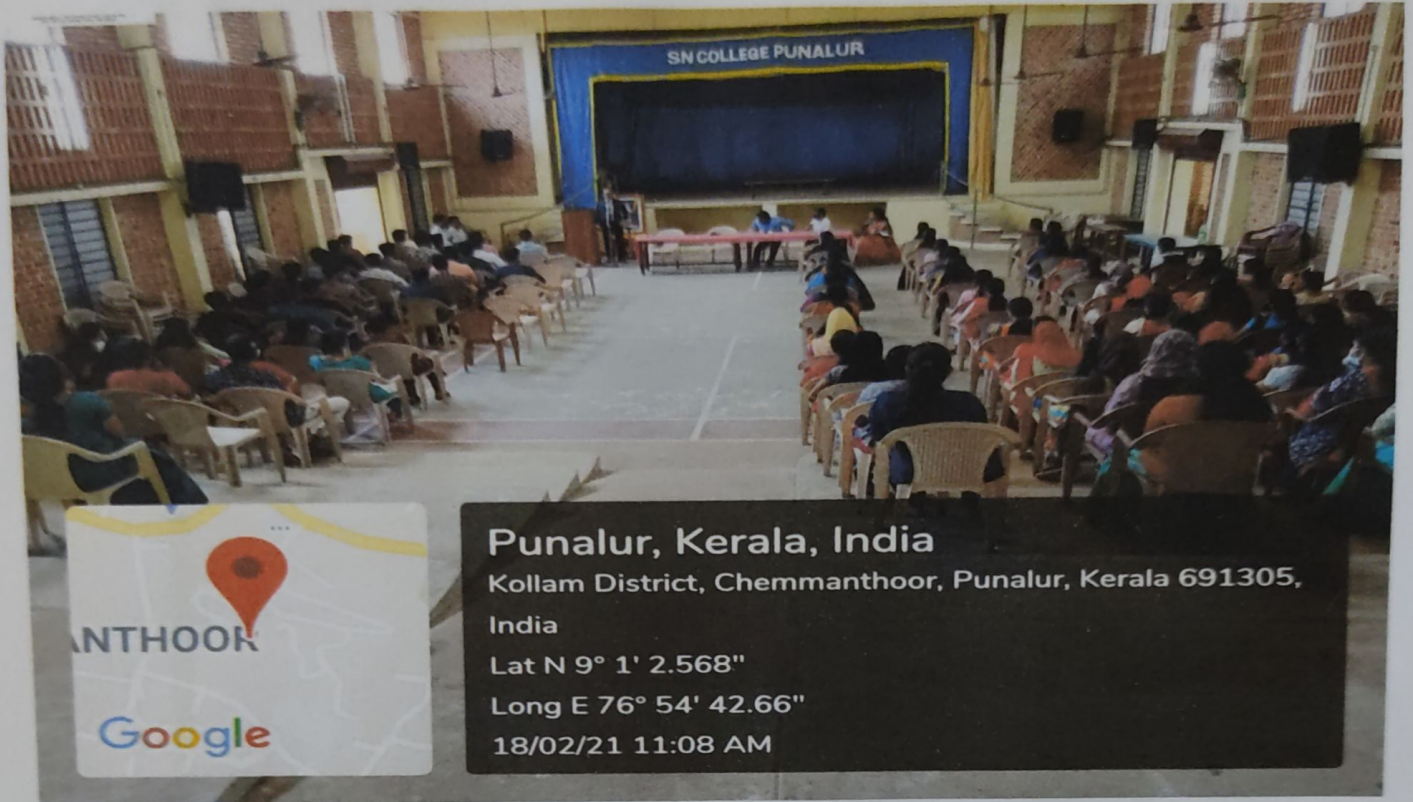
Webinar on Healthy life by Physical Education Dept.



Work shop on Organic farming on 08.01.2021 arranged by ED Club in Collaboration with Dept. of Commerce.



  
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PUNALUR



**Punalur, Kerala, India**

Kollam District, Chemmanthoor, Punalur, Kerala 691305,  
India


Lat N 9° 1' 2.568"

Long E 76° 54' 42.66"

18/02/21 11:08 AM

Seminar on Civil Service Career on 18 Feb. 2021.



  
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# Sree Narayana College Punalur



NSS UNIT No.28 A,B



## Anaemia Campaign

In association with Women and Child  
Department - ICDS Punalur Urban

**INAUGURATION : DR. VIJUMON TP**

(Principal SN College Punalur)

**MODERATOR : DHANALEKSHMI R**

(ICDS Supervisor)

**RP : BEASHMA RAJENDRAN**

(Nutritionist)

Date : 12/ 06/2021

Time : 12 - 1 pm



**BEASHMA RAJENDRAN**  
(NUTRITIONIST)



**DR. VIJUMON TP**  
(PRINCIPAL SN COLLEGE PUNALUR)




<https://meet.google.com/uvu-jghw-mfq>

Or enter code : uvu-jghw-mfq

All are cordially invited

Anaemia campaign conducted by NSS unit on 12-06-2021



  
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**SREE NARAYANA COLLEGE  
PUNALUR**



**NATIONAL SERVICE SCHEME UNIT NO.28 A,B**

**June INTERNATIONAL  
21 YOGA DAY**



*Stress Management and Wellness Program  
through Sahaja Yoga Meditation*



**SURESH BABU PP**

*Working as a teacher  
22 years in teaching service  
Malappuram Dt  
Doing Sahaja Yoga for the last 13 years*

**Date and Time : 20/06/2021 ; 9.30 am**

**Platform : Google Meet**

*Yoga for Harmony and Peace*



Yoga Practice class.

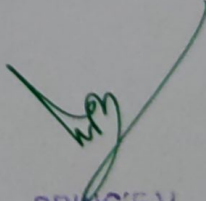


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PUNALUR**

# **Women Empowerment Programs.**

More than 60 per cent of the students in the college are women. Through IQAC we conducted programmes that focused on empowering in self-defense and legal awareness. Several programs were conducted in association with the police departments, Law departments, self-defense and yoga classes for the girls. The acceptance and participation of the programmes were highly motivating. A workshop on "*Development of Women Entrepreneurs*" jointly organized by the Entrepreneurs Club and Department of Commerce in association with District Industries Center was held on May 7<sup>th</sup> 2019. College Anti- Narcotic Cell in collaboration with Department of Excise, Govt. of Kerala enlightened the students against the use of alcohols and other kinds of narcotics stuff. A special wing Police called 'Janamythri Police' organized Self Defense Programs for women. The training was imparted in legal classes with the help of judges and lawyers in association with District and Taluk Legal Authority. As a result several girl students were able to gain confidence.



  
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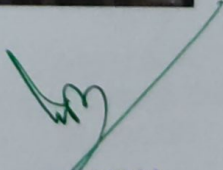


Legal awareness class – conducted in association with Kollam District Legal Cell



Class on safety of women- Feb 15, 2017



  
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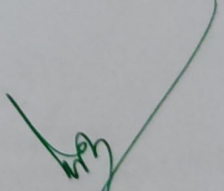


Orientation Program for women in 2018



Self- defense training program for girl students



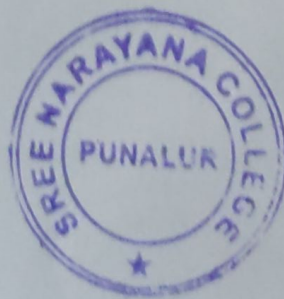
  
PRINCIPAL  
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PUNALUR




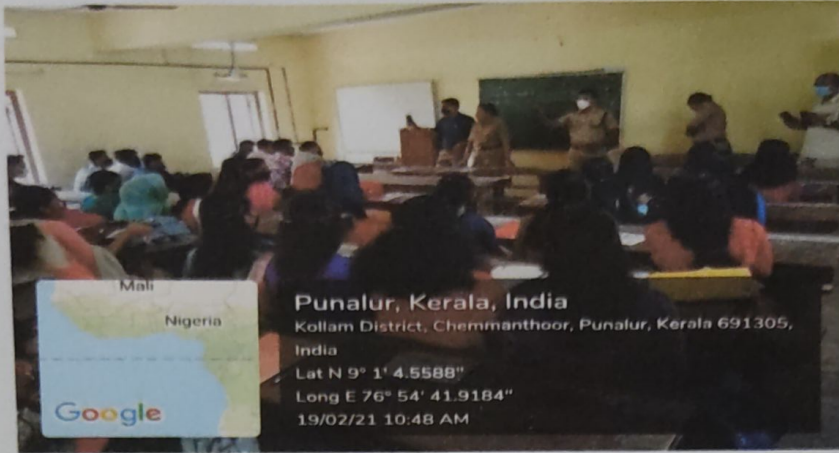
Seminar on Development of Women Entrepreneurs on May 07, 2019.



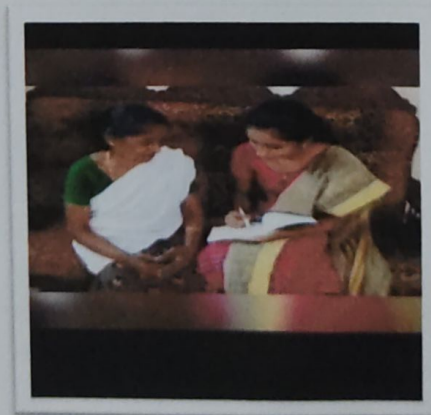
Yoga class for girl students.



  
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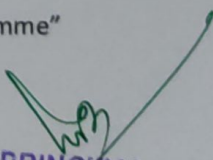


Describing the 24 hour helping mobile app for safety of women.



Teaching elder people in Punalur locality as part of "Ente Malayalam Programme"



  
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